



News Release

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Drinking sugar-sweetened beverages among teens declines

OLYMPIA – The recent [2016 Washington Healthy Youth Survey](#) shows that teens are drinking fewer sugar-sweetened beverages in schools; a contributing factor is the [Smart Snacks in School](#) Program.

“We want our schools to be places where our kids thrive, and that includes providing them access to healthy, nourishing food, and drinks. Programs such as the [National School Lunch Program](#) truly can make a difference in helping our kids feel ready to learn,” said Governor Jay Inslee.

Students who drank sugar-sweetened beverages one or more times at school in the past 7 days

Year	Grade 8	Grade 10	Grade 12
	Percent	Percent	Percent
2006	70	78	76
2008	68	75	69
2010	67	71	68
2012	64	66	63
2014	40	49	44
2016	39	42	44

Drinking sugar-sweetened beverages, including non-diet sodas, sports drinks and other flavored sweetened drinks, is associated with obesity, type 2 diabetes, cardiovascular disease, and cavities.

Starting in the 2014-2015 school year, any school that participates in the National School Lunch Program had to replace sugary beverages sold anywhere on school campus during the school day with lower sugar products.

The HYS is voluntary, and given every two years to 6th, 8th, 10th, and 12th-graders. In the fall of 2016, more than 230,000 students from more than 1,000 schools, 236 school districts, and 39 counties took part.

The survey is a collaborative effort between four state agencies. It explores attitudes and behaviors of middle and high school students, and provides state and community organizations with information about which teen issues to focus on.

Washington's future depends on the health of its children. To learn more about efforts to support healthy eating and drinking in schools, check out the [Healthiest Next Generation Initiative](#).

For more information on the [survey questionnaire](#), [additional reports](#), and [fact sheets](#), visit the [HYS website](#).

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